

Breakfast Meal Pattern

The breakfast meal pattern is the same for both the Traditional and Enhanced Meal Patterns. The chart below indicates the appropriate serving sizes.

Food Based Meal Pattern Breakfast				
Minimum Quantities				
<i>Meal Component</i>	Ages 1-2	Preschool	Grades K-12	Grades 7-12
Milk (Fluid) (As a beverage, on cereal or both)	1/2 cup	3/4 cup	8 fl. oz.	8 fl. oz.
Juice/Vegetable/Fruit Fruit and/or vegetable; or full-strength fruit juice or vegetable juice	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Select <i>one</i> serving from each of the following components or <i>two</i> from one component				
Grains/Breads One of the following or an equivalent combination: Whole grain or enriched bread Whole grain or enriched biscuit/roll, muffin, etc. Whole grain or enriched or fortified Cereal (if using option for grades 7-12, an additional serving of the grains/breads must be served daily) Meat/Meat Alternate Meat, poultry or fish Cheese Large egg Cooked dry beans and peas Peanut butter or other nut or seed butters Nut and/or seeds (as listed in program guidance) ¹	1/2 slice 1/2 serving 1/4 cup or 1/3 oz. 1/2 oz. 1/2 oz. ½ 2 Tbsp. 1 Tbsp. 1/2 oz.	1/2 slice 1/2 serving 1/3 cup or 1/2 oz. 1/2 oz. 1/2 oz. 1/2 2 Tbsp. 1 Tbsp. 1/2 oz.	1 slice 1 serving 3/4 cup or 1 oz. 1 oz. 1 oz. 1/2 4 Tbsp. 2 Tbsp. 1 oz.	1 slice 1 serving 3/4 cup or 1 oz. 1 oz. 1 oz. ½ 4 Tbsp. 2 Tbsp. 1 oz.

¹ No more than 1 oz. of nuts and/or seeds may be served in any one meal.